


October 2024 *Eat Well Café* Menu

Mon	Tue	Wed	Thu	Fri
	1 Zucchini Boats - Chicken Mole	2 Beef Fajitas - Italian Pork Roast	3 Chicken Caprese - Roasted Vegetable Ragout	4 Pork Shoulder w/ Lemon Glaze - Sauerbraten
7 Cod Florentine - Chicken Piccata	8 Chicken Paprikash - Beef Tips With Mushrooms	9 Orange Beef Stir-Fry - Southwestern Vegetarian Chili	10 Pasta w/ Seasonal Vegetables - Rosemary Roasted Pork	11 Caribbean Pork - Miso-Glazed Tilapia
14 Turkey Casserole - Lite Topped Pangasius	15 Lemon Pepper Fish - Sausage, Wild Rice & Mushroom Casserole	16 Italian Breaded Pork Chops - Meatloaf	17 Eggplant Lasagna - Chicken Curry	18 Shepherd's Pie - Stuffed Pasta
21 Creamy Mushroom Pork Loin - Beef & Bean Chili	22 Coconut Chicken - Tomato Basil Penne Bake	23 Herbed Butter Catfish - Turkey Dinner	24 Salisbury Steak - Seafood Newburg	25 Green Chili Mac & Cheese - Chicken Fried Chicken
28 Honey-Mustard Pork - Ratatouille	29 Vegetarian Pot Pie - Roast Chicken	30 Roast Beef - Tilapia Scampi	31 Chicken Fricassee - Beef Ghoulish	Eat Well Café 909 Arapahoe Ave, Boulder 303-441-3148 Open 11 am—1 pm Weekdays